

## Objective

By the end of this lesson, the student will have improved their physical fitness through engaging in fun, Monopoly-themed activities while also developing strategic thinking and teamwork skills.

## Materials and Prep

- Monopoly game board (or a printed version of it)
- Markers or colored paper to represent properties
- Timer or stopwatch (optional)
- Space to move around (a backyard or a large room)
- Knowledge of Monopoly rules and game mechanics

## Activities

### • Monopoly Relay Race:

Set up a relay race where different properties are represented by cones or markers. The student must run to each property, perform a physical challenge (like jumping jacks or squats), and then run back to the starting point to tag the next player (or themselves if they are alone).

### • Property Squat Challenge:

Choose several properties from the Monopoly game. For each property, assign a number of squats to perform. For example, "Boardwalk" could be 10 squats, while "Mediterranean Avenue" could be 5. The student will complete the assigned number of squats every time they "land" on a property.

### • Monopoly Freeze Dance:

Play music and have the student dance around the room. When the music stops, they must freeze in a pose that represents their favorite Monopoly character. This activity combines movement with creativity and fun!

### • Monopoly Money Toss:

Create a tossing game using Monopoly money. Place different containers at varying distances. Each container can represent a different property value. The student will throw the Monopoly money into the containers, earning points based on the property value of each container.

## Talking Points

- "What physical activities do you enjoy that could be combined with Monopoly?"
- "How does being active help you think better during games?"
- "Can you think of a time when teamwork helped you win a game? How can we apply that to our activities today?"
- "Why do you think it's important to stay active, even while playing games?"
- "How can we make these activities more challenging or fun for you?"